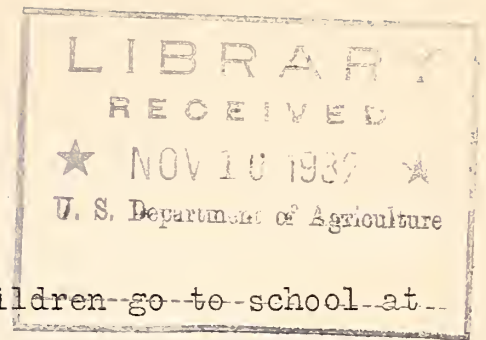


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A HOT LUNCH AT SCHOOL



In a great many rural and semi-rural districts the children go to school at a distance from their homes and have to carry a box lunch. Meantime, the main meal of the day--a hot dinner--is served to the rest of the family in their absence. The children are not only "out of luck" because they miss certain dishes which they like, they are actually in danger of malnutrition if this program is repeated day after day for the entire stretch of the school year. They often have a very hurried breakfast before leaving home, return late to a light supper, with hastily prepared and hastily eaten sandwiches or other cold food as the only addition to the other two inadequate meals. Box lunches are likely to be monotonous and not very well balanced unless great pains are taken to include salads, fruits, vegetables and milk.

One hot food served at school at noon, especially a milk dish, to supplement the lunch carried from home, helps to counteract the bad effect of losing the good hot home dinner. So extension workers in most States have encouraged the hot school lunch idea, and in many rural schools at least a cup of cocoa or a bowl of hot soup can be obtained at the noon hour. The need for this service is frequently brought home to parents and teachers when the children are weighed and found to be below the average. Gains in weight are usually noted soon after the hot supplement to the lunch box is started. The hot dish makes lunch more attractive, and seems to improve digestion, or at least encourage eating all of the lunch, and eating it less hastily. Better fed, the children respond better to teaching, show improved deportment; they learn such things as personal cleanliness when handling food, the sanitary care of food, and gain valuable ideas about food preparation and food combinations.

If there is no provision for serving a hot dish or a hot meal in your district school, it is a project well worth taking up with other mothers and the school

board. Very simple equipment will do, and the food may be provided by one of several possible arrangements. In some places the supplies are donated or furnished by the parents. Sometimes different mothers take turns coming to the school to prepare the lunch and serve it, but usually the older pupils can learn to attend to it. Supplies may also be bought by the teacher or one of the mothers with money brought by the children. The cost of each dish per serving is computed and an account kept. Another system is to raise money by entertainments, gifts from interested citizens, or from the school garden, which also supplies many vegetables for the lunch during the season. In most schools the cost of hot food ranges from 3 to 5 cents a portion.

Paper napkins or oil cloth squares can be spread on the desks for serving the hot lunch. Many schools organize the pupils into three groups with respect to serving the hot lunch-- "cooks," "housekeepers," and "bookkeepers." The work should be organized so as to interfere as little as possible with the school work of those who are attending to it. The teacher generally goes over the week's menus and posts them in advance so that each child can take home a copy to help the mother select lunches that will fit in well with the hot dish to be served each day.

What foods should be planned for the hot lunch dish at school? Milk dishes-- milk soups and chowders, cocoa, creamed vegetables. Even if skimmilk is used in these dishes to keep cost low, the food value is high. Most dishes prepared at school should have milk as a basis, especially if there is any doubt as to how much milk the children get elsewhere.

Vegetable dishes-- mixed vegetable soups, pea or bean soup, greens, garden vegetables; brown stew or fish chowder occasionally. If more than one dish is served, a milk pudding or a salad might be included. Whatever menus are selected, the chief considerations are their food value as supplements to the lunch brought, ease of preparation and serving, variety from day to day, and moderate cost.

Extension workers, cooperatively directed by your State agricultural college and the U. S. Department of Agriculture, may be called upon for advice in working out the details of installing a hot lunch in your school.

The first part of the paper discusses the importance of maintaining accurate records of all transactions. It is essential for the business to have a clear and concise record of all income and expenses. This will help in the preparation of the annual financial statements and will also be useful for tax purposes. The second part of the paper discusses the importance of maintaining accurate records of all assets and liabilities. This will help in the preparation of the balance sheet and will also be useful for tax purposes. The third part of the paper discusses the importance of maintaining accurate records of all equity transactions. This will help in the preparation of the statement of equity and will also be useful for tax purposes. The fourth part of the paper discusses the importance of maintaining accurate records of all debt transactions. This will help in the preparation of the statement of debt and will also be useful for tax purposes. The fifth part of the paper discusses the importance of maintaining accurate records of all other transactions. This will help in the preparation of the statement of other transactions and will also be useful for tax purposes. The sixth part of the paper discusses the importance of maintaining accurate records of all other transactions. This will help in the preparation of the statement of other transactions and will also be useful for tax purposes. The seventh part of the paper discusses the importance of maintaining accurate records of all other transactions. This will help in the preparation of the statement of other transactions and will also be useful for tax purposes. The eighth part of the paper discusses the importance of maintaining accurate records of all other transactions. This will help in the preparation of the statement of other transactions and will also be useful for tax purposes. The ninth part of the paper discusses the importance of maintaining accurate records of all other transactions. This will help in the preparation of the statement of other transactions and will also be useful for tax purposes. The tenth part of the paper discusses the importance of maintaining accurate records of all other transactions. This will help in the preparation of the statement of other transactions and will also be useful for tax purposes.